

Family Connection Center joins RSVP as volunteer site

BY PAT BROWN
RSVP Volunteer Coordinator

Davis County RSVP welcomes the Family Connection Center (FCC) in Layton as its newest Volunteer Site.

FCC provides essential services to families who are struggling to overcome abuse and poverty by helping them develop the skills to progress toward self-reliance. Crisis and respite child care, homelessness prevention, food assistance, parental education and therapy programs are just some of the ways they serve local families and help families learn to help themselves.

RSVP is working to place as many as 20 volunteers, age 55 or better, in three different positions at the FCC. Those positions are Food Bank Participant Intake Volunteers, Case Management Associate Volunteers, and Rapid Re-housing Volunteers.

Training will be provided for each position. Schedules and times are semi-flexible and would typically comprise 2-4 hours twice per week. Morning or

afternoon shifts are available.

The mission of the FCC is to help eradicate poverty and abuse in our community by providing support services that bring positive change to individuals and families in Davis County. While emergency services such as respite child care, temporary housing and food assistance are available on a short-term basis, the primary focus is to teach families the necessary skills to get back on their feet and accomplish step-by-step goals toward self-sufficiency. Volunteers are critical for the FCC to fulfill its mission.

For more information on this or other volunteer activities with RSVP, call (801) 525-5052.

VOLUNTEERS THROUGHOUT THE United States help people in their communities in many ways. Local volunteers are needed by Davis County RSVP for their newest Volunteer Site at the Family Connection Center in Layton.

Photo courtesy of nationalservice.gov



Older Americans Month 2016: ‘Blaze a Trail’ and reinvent yourself with a new passion

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are



BLAZE A TRAIL: MAY 2016

blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by

using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living,

the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

Administration for
Community Living

Caregiver support program continues

Davis County Health Department’s Family Caregiver Support Program continues its six week series of classes for individuals who care for family members that are older and/or frail.

Classes are offered at two different locations. On Tuesdays, classes are held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon – 1 p.m. Thursdays classes are at the Golden Years Senior Activity Center (726 S. 100 E. Bountiful), noon – 1 p.m.

A light lunch is provided

at all of the classes but attendees must RSVP to Megan Forbush at 801-525-5088 on Mondays by noon.

Schedule:

May 5: To Be Announced

May 10 & 12: Exercises for Seniors – Jackie Ostler, Applegate Home Health and Hospice

May 17 & 19: How to Deal with Depression – Kathlee Bailiff, RN and Christine Burningham, Aspire Home Health and Hospice and Camille Savage, Hearts for Hospice.

Improve your health during National Senior Health & Fitness Day

Celebrate the 23rd Annual National Senior Health & Fitness Day® – the nation’s largest health promotion event for older adults to

help keep them healthy and fit. It’s Wednesday, May 25, 8 a.m. – noon, at the Clearfield Aquatic Center (825 South State Street, Clearfield). The

free event is held during May in support of Older Americans Month and National Physical Fitness and Sports Month.

Parkinson’s disease health fair and mini-expo scheduled

The Davis County Parkinson’s Support Group announces their Second Annual Parkinson’s Disease Health Fair and Mini-Expo. It’s on Wednesday, June 1, 5:30-7:30 p.m., at the North Davis Senior Activity Center (42 South State Street, Clearfield).

The health fair and mini-expo features representatives from a wide range of health care agencies, as

well as free information on quality of life programs that are available for individuals affected by Parkinson’s disease. The public is encouraged to attend.

For more information, visit their Facebook page at Parkinson’s Support in Davis County, e-mail ParkinsonsDavisCo@gmail.com, or contact Dale George at 801-451-6238.

Medicare 101 classes set for May

Are you turning 65 or are preparing to retire? Have you asked yourself these questions: How, when, and where do I sign up for Medicare?



Join us for a free Medicare 101 class and let us answer your questions about Medicare options, enrollment, and benefits.

Classes are:
Clearfield Library (562 S. 1000 E., Clearfield),

Wednesday, May 11, 6:30-7:30 p.m.

Farmington Library (133 S. Main Street, Farmington), Tuesday, May 17, 6:30-7:30 p.m.

Davis County Senior Services sponsor the classes. For more information, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				5 AG – Costco Hearing Test 10 Arts & Crafts 10 GY – Lapidary 8:30-12 Bridge 1:30-4:45 ND – Cinco de Mayo 11:30	6 AG – Mother’s Day 11:30 Arthritis Exercise 9 GY – Water Color 9-12 ND – K9 Officer 11:30	7
8	9 AG – Oil Painting 9 Bingo 10:30 GY – Pencil Art Class 9-11 Bridge 1-4:45 ND – Miles Coe on Piano 11:15 Bingo 12:30	10 AG – **Art 9 Balance Test 11 GY – Zumba 9:30 Blood Pressure 10:30 ND – Quilters 10 Blood Pressure 10:30	11 AG – **Water Exercise 9 Ceramics 12:30 GY – Bingo 12:30 Positive Aging 5-7 p.m. ND – Art 9 Food Bank	12 AG – Legal Services 9:30-10:30 Food Sense 11 GY – Dancing Grannies 8:30 Bridge 1:30 ND – Movie 12	13 AG – **AARP Smart Driving Bingo 10:30 GY – Line Dancing 9:30 Tai Chi 9:30 ND – Bingo 12:30 Tech Lab 4	14
15	16 AG – Bingo 10:30 GY – Stained Glass 9-12 Bingo 12:30 Line Dancing 10 ND – Trivia & Treats 11:30 Bingo 12:30	17 AG – Tai Chi 9:45 Peter Souvall 11:30 GY – Zumba 9:30 AARP 12:30 ND – Line Dancing 1	18 AG – Blood Pressure 10:30 GY – Senior Aerobics 8:30 Singles Social 11:15 ND – Medicare Supplement 11:30	19 AG – Melba Trimble, Senior Services 11 **Computer Tech 11:30 GY – Arthritis Exercises 12:30 ND – Ceramics 9	20 AG – Lapidary 8:30 Movie/Popcorn 12:30 GY – Stained Glass 9 Tai Chi 9:30 ND – Guided Relaxation 10:30	21
22	23 AG – Pickle Ball 9 Oil Painting 9 GY – Senior Aerobics 8:30 Oil Painting 1 ND – Texas Hold ‘Em 12 Bingo 12:30	24 AG – **Road Trip TBA GY – Dancing Grannies 8:30 Reading Club 12:30 ND – Lapidary 8 Blood Pressure 10:30	25 AG – Rocky Mtn Care 11:30 Ceramics 12:30 GY – Line Dancing 10-11 Bridge 1-4:45 ND – Food Bank Computer Class 10:30	26 AG – Wire Wrapping 8:30 Drawing 3 GY – Luana’s Combo Band 10:30 ND – Knit & Crochet 12:30 Food Sense 1	27 **AG, GY & ND May Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Seminar by Humana 11	28
29	30  Centers Closed	31 AG – Lapidary 8:30 **Computer Tech 11:30 GY – Lapidary 8:30 ND – **Foot Clinic	June 1 AG – Pickle Ball 9 Water Color 9:30 GY – Single’s Social 11:15 Bridge 1-4:45 ND – Texas Hold ‘Em 12	June 2 AG – Tai Chi 9:45 Drawing 3 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Miles Coe on Piano 11:15	June 3 AG – Lapidary 8:30 Pickle Ball 9 GY – Sit n Fit 8:30 Line Dancing 10 ND – Bingo 12:30	4

**** Call Senior Activity Center to Make Reservation**

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

Riley Court Apartments

FEATURES:

- Elevator
- Great Room
- Secured/Secluded
- Community Garden
- Social Events

AVAILABLE:

- Studios
- One Bedroom
- Two Bedroom/Two Bath Suites
- Executive Suite

“Life Is Easier Here”
Independent Senior Community (age 55+)



517 S. 100 E., Btfl. • 801-989-1602